

## Full Report (All Nutrients) 01089, Milk, low sodium, fluid

Report Date: July 05, 2017 03:53 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 fl oz 30.5g	1 quart 976g
<b>Proximates</b>							
Water	g	88.20	7	--	215.21	26.90	860.83
Energy	kcal	61	--	--	149	19	595
Energy	kJ	255	--	--	622	78	2489
Protein	g	3.10	8	--	7.56	0.95	30.26
Total lipid (fat)	g	3.46	7	--	8.44	1.06	33.77
Ash	g	0.78	7	--	1.90	0.24	7.61
Carbohydrate, by difference	g	4.46	--	--	10.88	1.36	43.53
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	4.46	--	--	10.88	1.36	43.53
<b>Minerals</b>							
Calcium, Ca	mg	101	11	--	246	31	986
Iron, Fe	mg	0.05	--	--	0.12	0.02	0.49
Magnesium, Mg	mg	5	1	--	12	2	49
Phosphorus, P	mg	86	9	--	210	26	839
Potassium, K	mg	253	11	--	617	77	2469
Sodium, Na	mg	3	10	--	7	1	29
Zinc, Zn	mg	0.38	--	--	0.93	0.12	3.71
Copper, Cu	mg	0.010	--	--	0.024	0.003	0.098
Manganese, Mn	mg	0.004	--	--	0.010	0.001	0.039
Selenium, Se	µg	2.0	37	0.120	4.9	0.6	19.5
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	0.9	--	--	2.2	0.3	8.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 fl oz 30.5g	1 quart 976g
Thiamin	mg	0.020	8	--	0.049	0.006	0.195
Riboflavin	mg	0.105	8	--	0.256	0.032	1.025
Niacin	mg	0.043	7	--	0.105	0.013	0.420
Pantothenic acid	mg	0.304	--	--	0.742	0.093	2.967
Vitamin B-6	mg	0.034	7	--	0.083	0.010	0.332
Folate, total	µg	5	--	--	12	2	49
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	5	--	--	12	2	49
Folate, DFE	µg	5	--	--	12	2	49
Choline, total	mg	16.0	--	--	39.0	4.9	156.2
Vitamin B-12	µg	0.36	7	--	0.88	0.11	3.51
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	29	--	--	71	9	283
Retinol	µg	28	--	--	68	9	273
Carotene, beta	µg	7	--	--	17	2	68
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	105	--	--	256	32	1025
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	0.20	0.02	0.78
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	1.3	--	--	3.2	0.4	12.7
Vitamin D3 (cholecalciferol)	µg	1.3	--	--	3.2	0.4	12.7
Vitamin D	IU	51	--	--	124	16	498
Vitamin K (phylloquinone)	µg	0.3	--	--	0.7	0.1	2.9
<b>Lipids</b>							
Fatty acids, total saturated	g	2.154	--	--	5.256	0.657	21.023
4:0	g	0.112	52	--	0.273	0.034	1.093
6:0	g	0.066	68	--	0.161	0.020	0.644
8:0	g	0.039	89	--	0.095	0.012	0.381
10:0	g	0.087	89	--	0.212	0.027	0.849
12:0	g	0.097	89	--	0.237	0.030	0.947

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 fl oz 30.5g	1 quart 976g
14:0	g	0.348	88	--	0.849	0.106	3.396
16:0	g	0.910	88	--	2.220	0.278	8.882
18:0	g	0.419	88	--	1.022	0.128	4.089
Fatty acids, total monounsaturated	g	0.999	--	--	2.438	0.305	9.750
16:1 undifferentiated	g	0.077	71	--	0.188	0.023	0.752
18:1 undifferentiated	g	0.870	78	--	2.123	0.265	8.491
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.128	--	--	0.312	0.039	1.249
18:2 undifferentiated	g	0.078	74	--	0.190	0.024	0.761
18:3 undifferentiated	g	0.050	65	--	0.122	0.015	0.488
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	14	--	--	34	4	137
<b>Amino Acids</b>							
Tryptophan	g	0.044	--	--	0.107	0.013	0.429
Threonine	g	0.140	--	--	0.342	0.043	1.366
Isoleucine	g	0.188	--	--	0.459	0.057	1.835
Leucine	g	0.304	--	--	0.742	0.093	2.967
Lysine	g	0.246	--	--	0.600	0.075	2.401
Methionine	g	0.078	--	--	0.190	0.024	0.761
Cystine	g	0.029	--	--	0.071	0.009	0.283
Phenylalanine	g	0.150	--	--	0.366	0.046	1.464
Tyrosine	g	0.150	--	--	0.366	0.046	1.464
Valine	g	0.207	--	--	0.505	0.063	2.020
Arginine	g	0.112	--	--	0.273	0.034	1.093
Histidine	g	0.084	--	--	0.205	0.026	0.820
Alanine	g	0.107	--	--	0.261	0.033	1.044
Aspartic acid	g	0.235	--	--	0.573	0.072	2.294
Glutamic acid	g	0.649	--	--	1.584	0.198	6.334

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 244g	1 fl oz 30.5g	1 quart 976g
Glycine	g	0.066	--	--	0.161	0.020	0.644
Proline	g	0.300	--	--	0.732	0.091	2.928
Serine	g	0.169	--	--	0.412	0.052	1.649
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0